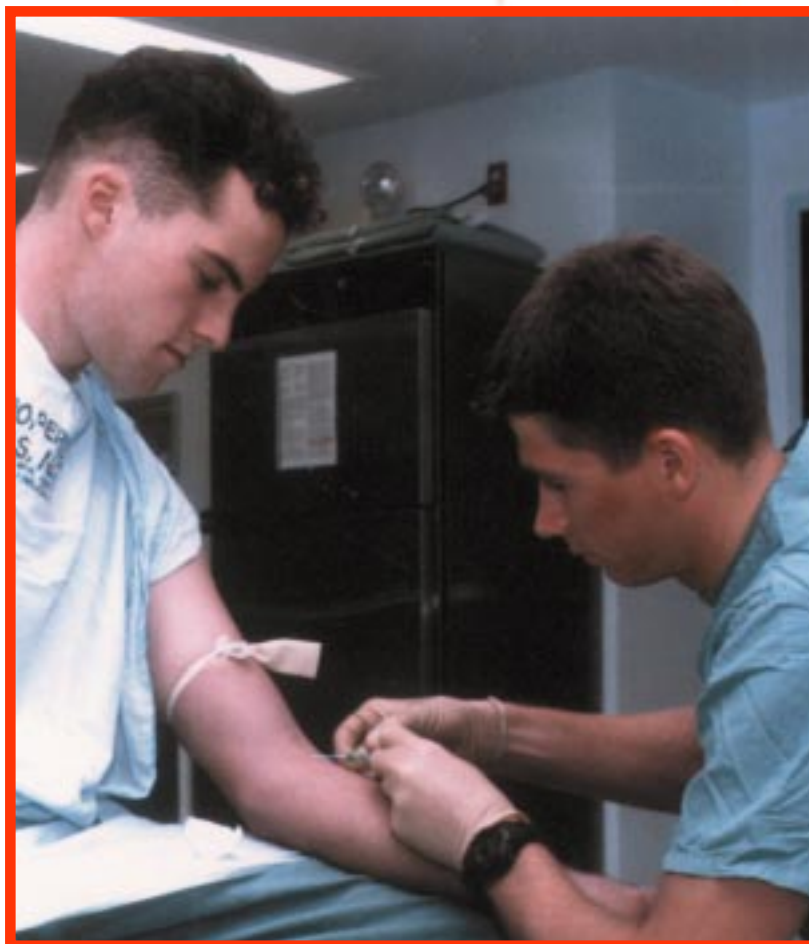


Expensive

Blood



When an Air Force airman first class (A1C) reported to his unit on July 13 at 0700, the day was already hot and humid. The base was in a black-flag heat condition (wet-bulb temperature of 90 degrees F).

The airman had been briefed on what he had to do that day, which was to remove chip detectors from a helicopter. As he approached the helicopter, another person in his unit reminded him that he had volunteered to give blood that morning. He went to the blood drive, gave blood about 0845, and returned to the helicopter around 0915.

He climbed 10 feet onto the helicopter and began to work. At 0955, the A1C lost consciousness

and fell to the concrete parking ramp. His co-workers found him lying face-down on the ramp. Emergency personnel took him to a hospital, where he was treated for a fractured skull and shoulder. He was placed on convalescent leave for 10 days.

The mishap report recommended that unit commanders should make sure people are not allowed to participate in strenuous activities, work or exercise after giving blood. It would be good to add that people shouldn't give blood if they know they are required to engage in strenuous activity immediately afterward. The blood this young man gave was some of the most expensive blood ever given: It cost him pain and discomfort, and it cost the government \$3,750 in lost work time. 